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Swann's shadow cabinet sworn in

POLITICS David Swann's first news conference as leader of the Alberta Liberals was an opportunity to swear in his shadow cabinet yesterday.

Edmonton-Centre MLA Laurie Blakeman will take over duties as the party's deputy leader and Environment critic.

Calgary MLA Dave Taylor, who ran against Swann for the Liberal leadership, will be the party's Finance critic.

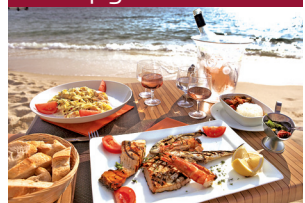
Former leader Edmonton-Riverview MLA Kevin Taft will be the party's Energy and Aboriginal affairs critic.

Calgary-Buffalo MLA Kent Hehr will remain as the party's Justice critic, while Calgary-Varsity MLA Harry Chase will take on Education on top of his current responsibilities, Children and Youth services.

Edmonton Gold Bar MLA Hugh MacDonald will pick up the Advanced Education and Technology portfolios, something on top of his current responsibilities, chairman of the Public Accounts committee.

METRO CANADA

Food pg 11



Sustainable fish supper

Sports pg 9

Lawyer quits to play poker



Kari Castle, a full-time youth programmer, offers some pool tips to kids who dropped by the Marlborough Mall teen resource centre. Getting involved in after-school activities is one way to keep kids from entering gang life.

Giving kids a choice

YARD program tells youth to 'get a life' without crime

ALICIA FOX
for Metro Calgary

The Calgary police are trying to catch up to kids before they land in the clutches of gangs.

By actively "gang-proofing" kids and informing the public, the police are targeting kids as young as 10 for their YARD program, telling them to "get a life" that doesn't involve gang activity.

Const. Al Devolin with the gang unit says regardless of stereotypes that dictate social status or income, "all kids are at risk."

"If I showed you (one juvenile offender I know) and showed you where he lives, it would blow your stereotypes away," he said.

The YARD program develops individualized programs for kids to work toward alternative lifestyles.

"The kids we see in our gang-prevention program are really disconnected from the community," Devolin said, warning parents to be aware of anti-social behaviour and to keep kids involved.

Retired police officer, and U of C crime expert, Cathy Prowse has done

Communicate

- Encourage positive activities
- Stay connected with your kids
- Talk to them about gangs and drugs
- Get involved in their schooling www.gov.mb.ca

extensive research on gangs. She says to be especially aware of unexplained cash your kids might have or truancy from school.

She says kids ages 10 to 15 are the most impres-

sionable and many well form wanna-be gangs focused on violence.

"A lot of them do it because it's something new and novel and it gets them noticed," Prowse said.

The police will be hosting a public information session tonight as part of the Safer Communities Lecture Series, held twice per month, at the Rundle Community Association at 2409 50 St. N.E. from 7 p.m. to 9 p.m.

Parents can also call the gang help line at 403-206-8191, or visit www.getalife.ca if they're concerned.

Alberta can go entirely green: report

JEFF CUMMINGS
Metro Canada

Alberta's power needs can be met entirely by renewable energy, even if electricity consumption doubles over the next 20 years, says a new report released yesterday by the Pembina Institute.

The report says Alberta

can harness the green energy with "proven technologies" that are already in use in the province and elsewhere.

"We did the math on it, and we found

out there is much more renewable potential to power the entire province," said report co-author Tim Wells in an interview with Metro.

"There is more here than just wind, much more resource than we ever need to power Alberta."

But Jason Chance, a spokesman with Alberta's Energy ministry, says powering the entire province on renewable energy only is unrealistic.

"To meet the future needs of the province, we'll need to have a mix of both renewables and non-renewables," said Chance. "That is the most cost-effective way of providing reliable electricity service to Albertans."

Energy Minister Mel Knight, who is on a trip in London promoting Alberta's energy sector, was unavailable for comment.

"We did the math ... there is much more renewable potential to power the entire province."
Tim Wells

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Whooping-cough warning issued

Alberta health services is warning of an outbreak of whooping cough in southern Alberta, and is urging citizens, particularly parents of young children, to ensure that proper avenues, such as vaccinations, are taken to avoid contracting the virus. There have been five confirmed cases in the area recently. **METRO CALGARY**

3

Local



Mercer to share adventures in Calgary

He's known for his work on The Mercer Report, and Calgarians can see him live at the Jack Singer Concert Hall on May 27. Rick Mercer is coming to the city with his speaker series My Adventures in Canadian Television. Tickets for the show go on sale today at 10 a.m. at www.ticketmaster.ca. **METRO CALGARY**

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Childhood diet, obesity linked

STUDY Research shows childhood diets may have an influence on adult obesity.

Adults struggling with their weight may have eaten fatty foods when they were toddlers, a University of Calgary study suggests.

Researcher Raylene Reimer said pre-natal and early childhood diets influence the genes that control how bodies store and use nutrients, which influences future diabetes and obesity risks. **METRO CALGARY**

metronews.ca
WHAT'S ONLINE TODAY

Video Chair of health services board vows to get health-care costs in order at metronews.ca/local
Video George and Laura Bush reflect on life in the White House at metronews.ca/world

**Lotteries**

Lotto 6/49: 20, 35, 36, 37, 39, & 49 Bonus 38
These results are not official.

Bar, servers share fault for patrons' impaired driving?

LINDSEY WALLIS
for Metro Calgary



Partygoers who drink and drive may not only land themselves in jail, but may also send the person who served them alcohol there, too.

A crash, which killed three people in Ontario, put the issue in the spotlight when 16 people at Lake Joseph Club golf course were charged with serving alcohol to people who appeared intoxicated.

Canadian law states anyone who provides alcohol can be liable if a person causes injury to himself or others due to intoxication. According to Wes Bellmore, the communications officer for the Alberta Liquor and Gaming Commission, over the past year the AGLC has charged seven establishments with selling liquor to an intoxicated person and,



City bar owners are keeping a watch on an Ontario case where 16 people are being charged in an incident related to alleged over-serving of liquor.

in one case, manslaughter charges were laid by RCMP.

In Alberta, the ProServe program, which helps servers identify and deal with intoxicated people, will be required for everyone in the industry by 2010. Bellmore said it "is designed to re-

duce over-service and make servers more aware of their legal liabilities."

Dan Hrituc, who works at the Kilkenny Irish Pub, said the program is "common sense" for somebody who has worked in the industry, but adds that it is a good

program for new servers.

Hrituc said you can't legally take someone's keys, but as long as you have exercised due diligence by calling them a cab or calling the cops if they choose to drive, he feels you shouldn't be liable.

Daytime shooting alarms cops

DRIVE-BY Average Calgarians could easily be caught in the crossfire of gang violence, as indicated by Tuesday's daytime drive-by shooting, say police.

The two cars involved in the shooting were driving in the southeast community of Dover. One car lost control and drove into a neighbourhood fence.

Matthew Chubak, who was allegedly involved in gang activity, was identified yesterday as the man found dead inside the vehicle.

"When we're talking about all the violence that's been occurring in Calgary, we know specifically that it's two groups that are at war," said Staff Sgt. Gord Eiriksson. "What we care about is that we have shots that are being fired in our streets ... Vehicles are going through fences where kids could be playing. Shots could be hitting houses. This is what concerns us."

JENNIFER HILLIKER/FOR METRO CALGARY

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311 calls not for residential street snow clearing: City
Due to a high volume of 311 calls, the City of Calgary is reminding Calgarians that its policy is not to remove snow from residential streets. **METRO CALGARY**

Art Showing off your creations



Mark Ollinger describes the finer points of some of his art work at the new home of 1,111, which is located at the old Meals on Wheels building on 58 Avenue SE.

ROBIN KUNIS/FOR METRO CALGARY

Health spending targeted

LINDSEY WALLIS
for Metro Calgary

Ken Hughes, the head of the Alberta Health Services Board, announced yesterday that the board would attempt to reduce the growth of health-care spending in the next few years.

This follows an announcement in late December by Alberta's new health care "superboard" that

there would be a \$1.3-billion deficit for 2009.

Hughes attributes the deficit to Alberta's rapidly aging population and the inefficiencies of the past system.

"When we look at health care today, we're not using all our resources as efficiently and effectively as we could be. We will be looking for ways to eliminate waste within the health care system," Hughes said.

"We know that we do not have excess resources and that we have to be very practical about how we allocate resources."

He cited the new "superboard" structure and making better use of rural facilities as ways to reduce costs.

Ted Woynillowicz, the chair of Friends of Medicare, said he is concerned about where the province will make cuts, possibly exacerbating existing problems in the system.

The first step to a healthy weight loss

Part 4

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Who can use a Detox program?

To be continued on January 20th...



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Canadians still trapped in Gaza

Officials in Ottawa are still working on evacuating nearly three dozen Canadians from the Gaza Strip, the Foreign Affairs Department says. In a statement released Tuesday night, the department said there are still 34 Canadians who have indicated they want to leave the troubled region. **CBC NEWS ONLINE**

5

Canada



Oilsands on the agenda

Alberta's oilsands, a vast oil source that critics say comes at a big environmental cost, will be on the agenda when Barack Obama, left, visits Canada on his first foreign trip as U.S. president, said Prime Minister Stephen Harper. Harper told a Calgary radio station that he has been in touch with officials from Obama's administration even as the president-elect prepares for his inauguration next Tuesday.

REUTERS

Conservatives feeling heat over climate plan

Don't tell Canada's Environment minister about "hope" and "change," the rallying cries of Barack Obama's U.S. election victory.

In the months to come, Jim Prentice must steer a complex proposal to essentially harmonize his government's climate-change plan with the one proposed by the Obama administration. The result will be a North American market for trading greenhouse-gas emissions credits, giving companies the incentive to cut their carbon footprint.

To do that, Prentice will have to change considerably the Tories' environment blueprint and hope that the hoopla over Washington's re-engagement in the global warming fight will bring the

"The election of Mr. Obama and the determination and the clarity with which he has spoken on climate change really is a fundamental change."

Environment Minister Jim Prentice

Conservatives the political breathing room they have been denied for the last three years.

"The election of Mr. Obama and the determination and the clarity with which he has spoken on climate change really is a fundamental change in terms of the situation," Prentice said.

"I think it's fair to say that we are now in a position where the policy framework we're talking about as Canadians and the policy frame-

work the new president has spoken about are very consistent."

Prentice's view is that Obama's America has come around to the Tory way of thinking on climate change.

But faced with a new U.S. administration that is stacked with climate-change fundamentalists — people on a first-name basis with former vice-president Al Gore — it will be up to Ottawa to find religion.

TORSTAR NEWS SERVICE

Heroes Obama meets Spidey



Amazing Spider-Man No. 583, featuring a story about U.S. president-elect Barack Obama, hit the shelves of North American comic book shops yesterday. George Zotti, manager of a comic shop in Toronto, says his store sold out in 20 minutes. Inset: Alternate cover featuring Obama.

Military contract 'negligent:' NDP

NAVISTAR NDP Leader Jack Layton yesterday accused the Tory government of "gross negligence" for allowing Navistar International to build 1,300 trucks for the Canadian military in Texas, while laying off hundreds of workers at an Ontario plant.

"We don't have that many times when we can directly provide so many high-quality jobs," said Layton, of the awarding of a \$254-million contract to an order to be filled by 2010.

TORSTAR NEWS SERVICE

News in brief

CORRECTION An incorrect date for an event appeared in a Learning Curve article in Tuesday's paper. Family Literacy Day happens on Jan. 27. The World Record Attempt is on Jan. 23 to celebrate the day. Metro regrets the error.

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New Zealand police have arrested an alleged safe burglar by using the social networking website Facebook to track him down. Police posted security-camera footage and pictures showing the man's face as he allegedly tried to break into the safe of a local tavern on Monday, and the suspect was identified by viewers on the site. **REUTERS**

World

Cuomo over Kennedy: Poll

More New Yorkers prefer state Attorney General Andrew Cuomo over Caroline Kennedy, left, to fill Hillary Clinton's U.S. Senate seat, according to a poll released yesterday. Kennedy, the daughter of slain president John F. Kennedy, and Cuomo, the son of former New York governor Mario Cuomo, are considered top contenders to succeed Clinton, who has been nominated to serve as U.S. secretary of state. **REUTERS**



Israel rebuffs limited truce

Israel said yesterday it would not agree to a temporary ceasefire in the Gaza Strip that Hamas could use to rearm, underscoring the gap between the two sides in Egyptian-brokered talks.

Hamas has rejected an open-ended truce, seeking instead a more limited six-month agreement that could be renewed, according to Arab diplomats.

"Israel will not accept a situation where Hamas gets a temporary period of quiet just to rearm and regroup and that ends with further rocket barrages on Israel," said Mark Regev, spokesman for Israeli Prime Minister Ehud Olmert. "Israel seeks a durable quiet that contains

Rockets fired

- The UN expressed alarm over reports of Lebanese rocket attacks against Israel, and urged all parties in the region to avoid exacerbating the situation. Security sources in Lebanon said five rockets were fired.

a total absence of hostile fire from Gaza into Israel and a working mechanism to prevent Hamas from rearming." Olmert's office said defence official Amos Gilad would travel to Cairo today for talks on a ceasefire after 19 days of fighting in which more than 1,000 Palestinians have been killed, along with at least 13 Israelis. **REUTERS**

Bin Laden calls for jihad over Gaza

MIDDLE EAST Al Qaeda leader Osama bin Laden called for jihad against the Israeli offensive in Gaza in an audio tape that appeared on Islamist websites yesterday.

The Saudi-born militant said the global financial crisis had exposed the waning U.S. influence in world affairs and would in turn weaken its ally Israel.

"Our brothers in Palestine, you have suffered a lot ... the Muslims sympathize with you in what they see and hear. We, the mujahideen, sympathize with you also," bin Laden said. "We are with you and we will not let you down. Our fate is tied to yours in fighting the Crusader-Zionist coalition, in fighting until victory or martyrdom."

The 19-day-old Israeli offensive to crush the Islamist Hamas movement in Gaza has caused widespread anger among ordi-



This handout from IntelCenter shows an Internet screen grab captured yesterday of Osama bin Laden. In an online audio message, the al Qaeda leader called for jihad (holy struggle) over the Israeli offensive in Gaza.

nary Arabs and Muslims.

The White House said the tape showed bin Laden's isolation. "It appears this tape demonstrates his isolation and continued attempts to re-

main relevant at a time when al Qaeda's ideology, mission, and agenda are being questioned and challenged throughout the world," spokesman Gordon Johndroe said. **REUTERS**

Website for 'best job in the world' crashed by traffic

TOURISM The chance to be the caretaker of a tiny tropical island in Australia has sparked so much interest that a rush of applications crashed the website advertising the post (islandreefjob.com).

The job, which offers a salary of \$105,000 to spend six months on the Great Barrier Reef island of Hamilton, has been inundated with hundreds of thousands of prospective candidates.

Duties for the so-called "best job in the world," created as an antidote to the economic slump, include feeding ocean fish, cleaning a pool and collecting deliveries of mail that arrive by plane. The successful candidate will have to go snorkeling and hiking and visit at least 25 nearby resorts. **REUTERS**

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Comment & Views

Comment

Eulogy for coalition

Tactic had a short, happy life in response to Tory ineptitude

Home&Abroad

Andrew Cohen

Canada & world insight

There is important news from Quebec this week. Gilles Duceppe, the leader of the Bloc Québécois, says that reports of the death of the coalition are greatly exaggerated.

He denies that it has been weakened by the surprising emergence of Michael Ignatieff as interim Liberal leader. And he has been unfazed by a poll that shows more Canadians would prefer an election than a coalition government.

So he thinks the coalition is solid, sensible and

viable. No one should ever say that Duceppe doesn't have a sense of humour.

The coalition? Do you remember the coalition?

It was created by the Bloc, the New Democrats

and the Liberals

before Christmas.

It was a smart response to the government's inep-

titude — from its paralysis

on the economy (no stimulus, no deficit) to ending

public subsidies for political parties (bankrupting the opposition).

It had a short, happy life, the coalition did, and it served its purpose brilliantly.

It unified and mobilized the opposition against an arrogant government and forced its retreat.

It humbled Stephen Harper, if that is possible.

It unified and mobilized the opposition against an arrogant government and forced its retreat.

It forced the intervention of the Governor General, who allowed the prime minister to prorogue Parliament and avoid a vote of

non-confidence that he would have lost. And it forced the Liberals immediately to oust

Stéphane Dion, cancel their long

leadership race and crown Ignatieff. Not bad.

But that's history now. Today, six weeks on, if Harper were to seek an election from the Governor

General — rather than have her request that the opposition parties form a government — he would get an election that he would probably win.

But Harper also knows the risks of an early election. He has hurt himself in

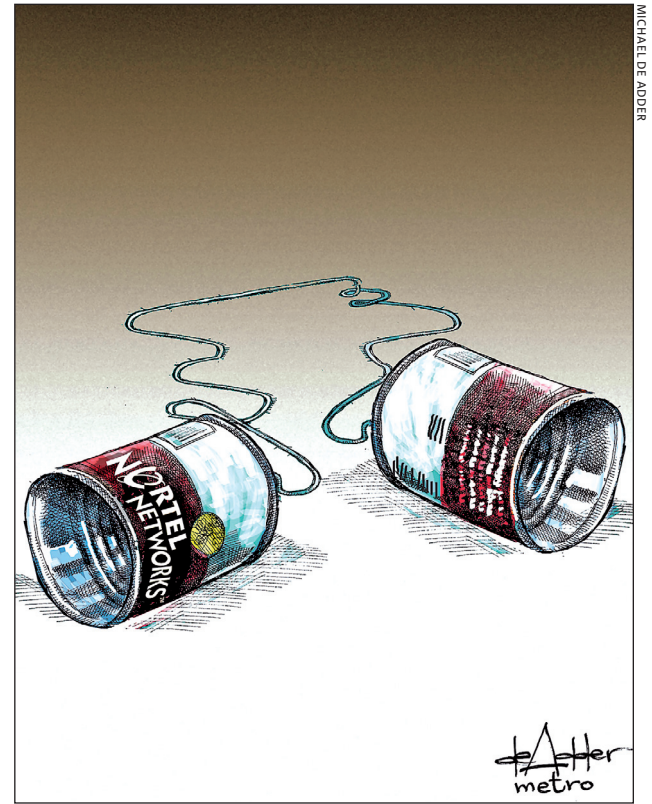
Quebec, leaving an opening for a reinvigorated Liberal party. That's why he has reversed himself so dramatically on the economy, preparing a strong stimulus package with a swelling deficit.

This won't be enough for Duceppe, or for the New Democrats, who have the luxury of opposing it. But it will be more than enough for Ignatieff, the hawks in his camp notwithstanding.

The Liberals will support the Conservatives, the budget will pass, and the government will govern. The Liberals will begin to renew themselves, which will take time.

The coalition was always more a tactic than a strategy, a spicy Christmas confection, but it's now as dead as Jacob Marley.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians*: Lester B. Pearson.



Letters

Parked vehicles that obstruct snowplows are a nuisance

Re: Snowed-in vehicles beyond bylaw boss (Jan. 13)

Certainly, this business of snowed-in cars being left unattended on the streets is becoming far more of a problem than is recognized.

I live on 45th Street SW (between Bow Trail and 17 Avenue), which is a plowed road. There is a fire station and police district office up the road, as well.

There are vehicles on this road that haven't moved in weeks — perhaps months. The snow has piled up so much that parking on the street has become impossible unless you own a Hummer or a snowplow.

My question is this: If the city posts signs for spring cleanup, why can't we post signs for winter snow removal?

Regardless of whether a vehicle is registered and insured, parked vehicles that are obstructing plows are a major nuisance. The road is narrow and often these parked vehicles are not up against the curb. These ve-

hicles should be considered abandoned and should be towed away at their owners' expense.

Let's do something about this now.

JOHN BLOMME, CALGARY

Urge politicians for immediate Gaza ceasefire

Israel claims it is fighting a war against "international terror." The Israelis claim they are fighting in Gaza for us, for our Western ideals, for our security, for our safety, by our standards.

And so we are also complicit in the savagery now being visited upon Gaza. I am very cynical of this claim. What about killing civilians in UN schools, and attacking UN aid convoys and killing their truck drivers. Are they terrorists, too?

We must let our governments and the world know we don't want a part of this war.

On the contrary, we must demand an immediate ceasefire, end the siege on Gaza and start some serious peace talks.

IBRAHIM JADALOWEN, CALGARY

Views

Mother and daughter relationships — revised



Georgie Binks

Is it my imagination, or are there more mother/daughter duos out there these days who more closely resemble daughter/daughter teams? The only way to tell them apart is by their foreheads. Mom's brow is firm, courtesy botox, while her daughter can still scrunch hers up in displeasure.

With nips, tucks, work-outs, hair colouring and a lack of great clothes for women over 50 (so we borrow our daughter's), young women have to feel their mothers breathing down, not just theirs, but their boyfriends' necks. In my day, unless your mom was Mrs. Robinson, your

boyfriend fantasized about her baking, not her.

One of my girlfriends, 57, who works out, sports a great hairdo and cool wardrobe, boasts, "I love when I'm with my 30-something daughter and they think we're sisters — even better if that happens with my 21-year-old."

Naturally, daughters can't stand it. Drop-dead gorgeous, Samantha, 21, says, "Guys told me all through high school they loved my mom and it really bothered me."

My own daughter, 21, après one too many sister remarks, snaps, "What? Do I look like a 50-year-old woman?"

So what's a mom to do? Cancel the gym membership and embrace her outer greyness? No, says Dr. Karyl McBride, author of *Will I*

Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers. "If a mother takes good care of herself and doesn't age as much, she can be a good role model for her daughter."

Just because you look like her best friend, don't try filling the role, cautions McBride.

"These days, mothers and daughters share information about dates and sex. It isn't appropriate. A daughter needs to be able to look up to the mother as the parental figure."

Recently, I read that Kate Hudson had felt intimidated by her mother Goldie Hawn when she was younger. Most of us aren't as successful or as gorgeous as Goldie, so, hopefully, our daughters wouldn't feel that way, nor would we want them to.

In my own house, official-

ly there's no competition. However, my daughter, unofficial winner of the swimsuit competition, is now taking me on professionally, which I did not see coming. Recently, I told her a story idea of mine, and she told me she was going to write about it for her school newspaper.

Shocked, I told her, "You can't. It's my idea."

"Don't you know you never tell another reporter your story ideas?"

There's only one way to win this, I figure.

Wait until those great new jeans are all alone in your closet and you're out. We're the same size, after all.

Just like sisters.

Georgie Binks is a freelance writer who writes for newspapers, magazines and websites.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

The world's second richest man, Mexican tycoon Carlos Slim Helu, won control of a web address in his name (www.carlosslimhelu.com) for free yesterday. An arbitrator ruled the site that an Indonesian had tried to sell him for \$55 million US was registered in bad faith. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

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Ottawa vows to rescue Nortel

The federal government pledged yesterday to help Nortel Networks Corp. emerge from bankruptcy protection.

"The government of Canada appreciates the importance of the telecommunications industry to our economy and will continue to work with Nortel during its restructuring through Export Develop-

"The government ... will continue to work with Nortel during its restructuring."

Tony Clement

ment Canada," said Industry Minister Tony Clement. The government agency

has agreed to provide up to \$30 million in short-term financing. EDC spokesman Phil Taylor said the agency's risk tolerance was higher than that of banks, but said its financing would not amount to a bailout.

Nortel, North America's biggest telephone equipment maker, filed for bankruptcy yesterday, hoping to save a once high-fly-

ing business whose decade-long decline has accelerated with the global economic crisis.

Analysts said Nortel will have to shed assets.

A sharp slowdown in many of Nortel's major markets, especially the United States, has exacerbated its long-standing problems competing with low-cost rivals. **REUTERS**

Magna denies eyeing Chrysler

AUTOS Magna International has denied it is talking to struggling Chrysler LLC about buying any piece of the automaker, including the Jeep brand. Industry sources say Chrysler is holding discussions with Renault-Nissan and Magna about the sales of assets.

Chrysler vice-chair Tom LaSorda also rejected suggestions the company is trying to sell plants or assets such as tooling for an existing vehicle.

Chrysler is one of Magna's biggest customers. It also assembles vehicles for Chrysler in Austria.

Magna expressed an interest in buying Chrysler from DaimlerChrysler AG in 2007. **TORSTAR NEWS SERVICE**

Putin the painter Art for charity



Women hold up a painting by Russian Prime Minister Vladimir Putin at a hotel in St. Petersburg yesterday. Putin's painting will be put up for auction for charity on Saturday, alongside two dozen other pictures by Russian celebrities with opening prices of about \$780 US each.

Slowdown hits Canadian media firms

MEDIA The economic slowdown has squeezed advertising spending and hurt quarterly financial results for Canadian media companies, triggering warnings of weaker results and credit problems.

Canwest Global Communications, which owns newspapers in every large urban market in Canada along with the Global television network, said yesterday it may fall short of certain financial covenants in its credit facilities if negative economic conditions persist.

Also yesterday, media and entertainment company Corus Entertainment lowered its forecasts for its fiscal year 2009 due to a slowdown in ad revenue.

Quebec-based Cogeco Cable largely escaped the dour atmosphere, reporting a stronger quarterly profit. Montreal-based Astral Media also dodged the downturn, helped by a big gain in sales and profit from its Standard Radio assets, which it acquired last year. **REUTERS**

CAW inks deal with Air Canada

AIRLINES The Canadian Auto Workers union said yesterday it has reached three-year tentative contract agreements with Air Canada and Groupe Aero-plan, covering around 5,000 customer service and sales agents.

CAW president Ken Lewenza said the deal includes a small wage increase and gives employees of Aero-plan a two-year window to return to former sister company Air Canada if they want, or vice versa. **REUTERS**

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Former CFL player paroled

A former CFL player was granted parole after serving time for knowingly exposing women to the virus that causes AIDS. Trevis Smith, an ex-linebacker with the Saskatchewan Roughriders, made his case before the National Parole Board in Saskatchewan, where he is serving a six-year sentence. He'll be released from prison Feb. 25 and deported to the U.S. **METRO NEWS SERVICES**

9

Sports

JOHN.CHICK@METRONEWS.CA



Luongo set to return tonight

Roberto Luongo, left, out for almost two months with a groin injury, is set to be back in goal for the Vancouver Canucks tonight. To accommodate his return, the Canucks have waived Curtis Sanford, who had been splitting time with Jason LaBarbera. **METRO NEWS SERVICES**

Legal eagle to poker champ

MARTY YORK

marty.york@metronews.ca



She is 5-foot-2 and maybe 100 pounds, but she is a fireball who burns with rage and, frankly, you don't want to mess with her.

At the poker table, where she ranks as one of the planet's top five female players, Canadian Isabelle Mercier is fiercely determined to kick your butt — figuratively, of course. Mind you, as a trained kickboxer, there are no guarantees she'll refrain from hoofing your backside literally, as well.

"Fact is, Isabelle scares men," Tori Coxon, chief spokesperson for the wildly successful, multibillion-dollar PokerStars business, says matter-of-factly. "She's tiny, yes, but she's incredibly aggressive, competitive and very intimidating."



Isabelle Mercier gave up a law career ... for a more lucrative poker career.

And somewhere along the way, this diminutive dynamo from Victoriaville, Que., picked up the nickname "No Mercy." And, well, you get the picture.

"I really think," Mercier says, "that I was born to play a game for a living. I always played games. I played card games with my parents when I was six. I live to play and win. Poker isn't only my job. It's my passion."

And she's good at it. Since

finishing second at the Masters Classic in Amsterdam in 2002, Mercier has quietly earned hundreds of thousands of dollars and, according to poker sources, has reached millionaire status — to the point where she recently decided to stop living out of a suitcase.

"I got myself an apartment in Monaco," she reveals. "It's a beautiful place. I'm financially set for life. I'm happy."

It wasn't always like this. Mercier used to be a lawyer. Yes, she gave up her job as a full-time lawyer to become a full-time poker player. After obtaining a law degree at the University of Montreal, she practiced commercial law in the city for six months.

And she loathed every second of it.

"It was horrible," she recalls, grimacing. "It was boring. I hated it so much that

I'd spend hours in the washroom, sleeping. Everyday."

PokerStars became so enamoured of the hardnosed brunette and her style that it hired her as an ambassador.

At 33 and single, she appears publicly in that role and plays against challengers at pokerstars.net, the world's largest online poker room.



For more of this story on Isabelle Mercier, visit www.metronews.ca/sports

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EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



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Fireplaces add sizzle to your home

JULIA TEXTOR
for Source Media Group



Imagine coming home after a long day of work, turning on some Norah Jones and curling up on the cosy couch with a hot cup of tea and a magazine. Now, imagine all this with a sensuous fireplace in front of you.

Nothing makes a room more warm and inviting than a beautiful fireplace with mesmerizing flames and vibrant colours. Whether it's a wood-burning, gas or electric unit, a fireplace can not only be a heating solution — especially in the winter months — but it can also be the most decorative accent piece in your home.

Linear fireplaces are one



Linear fireplaces are one of the latest trends in today's urban market.

of the latest trends in today's urban market and make no fuss and require no fuss and no burning of wood log — real or artifi-

cial. They are available in gas or electric models and consist of a simple row of burners across the middle of a fireplace.

"As opposed to having the regular square opening, linear fireplaces are more elongated with sort of the same ratio as a widescreen

television," says Warren Krushel of Hearth Fireplaces/Depot in Calgary. "They're more contemporary in design and have beads or rocks instead of logs."

Montigo is one manufacturer of linear fireplaces attracting much attention from consumers. The company, based in B.C., has been in the fireplace industry for more than 30 years and stretches across North America. Montigo's line of linear fireplaces, the Contemporary Custom C-View Power Vent series includes single-sided, see-through, panorama, corner and peninsula models that are eye-catching and unique.

"This has really caught the attention of the younger generation, people with a little bit more of a

flair for modern (styles), interior designers and architects," notes Krushel.

While Montigo's linear fireplaces are all gas-burning, not all residences are suited for this type of unit; which is why Hearth Fireplaces/Depot offers an electric fireplace by Classic Flame called the Zen Builders Box.

"Whether people go gas or electric usually depends on the availability of the gas service to the fireplace location," says Krushel.

As electric fireplaces require no installation, chimneys or gas pipelines, they are convenient and uncomplicated especially for those who may live in a 20-storey high-rise or a smaller single-family home without the space for a traditional gas unit. **EDITED BY METRO CALGARY**



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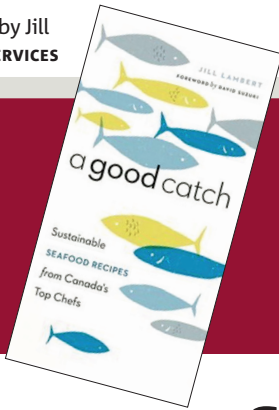
Purchase online

A Good Catch, Sustainable Seafood Recipes from Canada's Top Chefs by Jill Lambert is available online at Amazon.ca from \$15.72. **METRO NEWS SERVICES**

11

Food

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA



"A Good Catch by Jill Lambert culled recipes from Canadian chefs, from a Taco Trout Bake to Grilled Swordfish with Forbidden Black Rice and Soy Emulsion."

Barb Holland/for Metro Canada

Not always more fish in the sea

À la carte**Barb Holland**

Metro Food Writer

Many of us are eating more fish and seafood for its health benefits, but are we making good choices for healthy oceans?

SeaChoice, Canada's Seafood Guide, is a handy wallet card that lists categories such as Best Choice, Some Concerns and Avoid for all fish and seafood. For a copy of the guide, go to seachoice.org and carry it with you to help make sustainable seafood choices when shopping or eating out. Due to sometimes inadequate labelling, be prepared to ask questions such as: Where is it from? Is this fished or farmed?

A new book by Vancouver-based writer, Jill Lambert, *A Good Catch, Sustainable Seafood Recipes from Canada's Top Chefs* (Greystone Books/Douglas & McIntyre), \$25, provides insight and information. It begins with a discussion about fish on making good fish decisions, choosing, preparing and storing fish and seafood; basic cooking directions and a quite extensive Species Sustainability



When we eat fish, are we making good choices for healthy oceans? SeaChoice, Canada's Seafood Guide (pictured), is available in full — including a full legend to explain each entry — at seachoice.org.

Guide (done by the David Suzuki Foundation and SeaChoice Canada). The book also suggests substitutions for fish that may not fit into the SeaChoice guidelines, so you can still cook your stand-by recipes responsibly.

Salmon and Edamame Salad with Wasabi Mayonnaise

From Karen Barnaby, The Fish House in Stanley Park, Vancouver, this easy salad calls for canned salmon. Look for wild Pacific salmon as the Best Choice. Makes 4 servings.

INGREDIENTS:

- 1 can (7 oz/213 g) pink salmon, well drained
- 1 cup (250 ml) shelled

- edamame (fresh soy beans), cooked and chilled
- 1/2 cup (125 ml) finely diced celery
- 2 green onions, white and green parts, thinly sliced
- 1/3 cup (75 ml) mayonnaise
- 2 tsp (10 ml) wasabi paste (or more to taste)
- 1 tbsp (15 ml) sesame seeds, toasted, for garnish
- 1 tbsp (15 ml) julienned fresh ginger, for garnish

METHOD:

In a bowl, combine salmon, edamame, celery and green onions.

In another bowl, combine mayonnaise and wasabi paste (to taste). Gently fold into salmon mixture. Cover and refrigerate to allow flavours to blend, about 30 minutes.

Best Choice

- Catfish (US) farmed
- Caviar/ Sturgeon farmed
- Clams farmed
- Cod: Pacific (US) bottom longline, jig, pot
- Crab: Dungeness
- Fish sticks: Pollock (AK)
- Haddock (Canada) bottom longline
- Hake: Pacific (Canada)
- Herring: Atlantic (US), Pacific (Canada)
- Imitation crab: Pollock (AK)
- Lobster: American (Atl. Canada)
- Lobster: Rock, Spiny (Aus., US, Western Baja)
- Mussels farmed
- Oysters farmed
- Pollock (AK)
- Sablefish (AK, BC)
- Sardine: Brisling, Sprats (US)
- Shrimp/ Prawn: Sidestripe, Spot (BC) trap-caught
- Swordfish (Atl. Canada) harpoon
- Tilapia (US) farmed
- Trout: Rainbow land-based farmed
- *Tuna troll-caught

Some Concerns

- Catfish/ Tra/ Basa (Int'l) farmed
- Clams: Atlantic soft shell (Atl.), Geoduck (US Pac.) wild
- Cod: Pacific (Canada, US) trawl
- Crab: King, Snow (Canada, US)
- Haddock (US) bottom longline
- Halibut: Atlantic, Pacific (Canada) bottom longline
- Lingcod
- Lobster: American (US Atl.)
- Mahi mahi/ Dolphinfish/ Dorado
- Mussels wild
- Octopus (US)
- Oysters wild
- Sablefish (CA, OR, WA)
- **Salmon: Pacific wild
- Scallops: Sea (NE Atl. US)
- Shark (US Pac.)
- Shrimp (Atl., Gulf of Mexico) trawled
- Sole (Pac.)
- Squid: Jumbo, Humboldt, Shortfin, Summer (Int'l)
- Swordfish (US Atl.) pelagic longline
- Trout: Rainbow (Canada) open-cage farmed
- *Tuna (US) pelagic longline

Avoid

- Caviar/ Sturgeon (Int'l) wild
- Chilean seabass/ Patagonian toothfish
- Clams (Atl.) dredged
- Cod: Atlantic
- Crab: King (Russia)
- Flounder/ Sole: (US Atl.), Arrowtooth (Canada)
- Grenadier
- Haddock trawl
- Halibut: Atlantic (US) trawl
- Lobster: Spiny (Int'l except Aus. + US)
- Monkfish
- Orange roughy
- Rockfish/ Snapper trawl
- Salmon: Atlantic, Chinook farmed
- Scallops: Sea (Canada, Mid-Atl. US)
- Shark (Atl., Int'l)
- Shrimp/ Prawn: Tiger, White (Int'l)
- Swordfish (Canada, Med., SE Atl.) pelagic longline
- Tilapia (China, Taiwan) farmed
- *Tuna (Pac. Int'l) pelagic longline
- Tuna: Bluefin

frozen in pods or shelled. Cook according to package directions, usually about 4 to 6 minutes in boiling water. Drain, rinse with cold water and remove beans from pods.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets**Peter Rockwell**liquidassets@eastlink.ca**Comfort wines**

While I've never needed any added incentive, the recent blend of crappy weather and an even crappier economy have surely been enough to drive even the most determined teetotaler to drink.

With the way the world's spinning lately the search for wines that combine a decent price with drinkable juice isn't just a quest for the thrifty — it's a necessity for almost everybody.

In times like these I look to my list of comfort wines; those that wrap my palate in consistent familiarity without picking my pocket.

To find a great red deal look down, way down, to South America. The **2008 Cono Sur Pinot Noir** (\$11.45 - \$12.99) from Chile is a classy little pinot with a light and juicy strawberry/cherry fruit flavour that ends with a soft, milk chocolate finish. Its refreshing acidity makes it a great match for grilled salmon or a zingy tomato sauce.

Prefer white? Try Australia's **2008 Yellow Tail Pinot Grigio** (\$10.95 - \$11.99), a clean, lemon-meets-lime fruit fest with a lean, green flavour and zesty, citrus aroma that's a nice partner for grilled shrimp (or any other fish with a shell) and just about any poultry dish.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

United States Presidential Inauguration

Obama's pick

• During an appearance on a public television restaurant review show years ago, the next president raved about the peach cobbler served at a diner in his Chicago neighbourhood, the Dixie Kitchen and Bait Shop. For a recipe of the very same Peach Cobbler dessert, visit metronews.ca.

**Canadian Living recipe of the month**

Linguine with Clams

INGREDIENTS:

- 1 1/2 lb (750 g) fresh littleneck clams
- 1/4 cup (50 ml) dry white wine
- 8 oz (250g) linguine
- 1 tbsp (15 ml) extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 cup (50 ml) chopped flat-leaf parsley
- Pinch each salt and hot pepper flakes
- 1 tbsp (15 ml) butter

METHOD:

Scrub clams; discard any that do not close when tapped.

In saucepan, cover and

steam clams and wine over high heat until clams open, 4 to 5 minutes. Strain into bowl, reserving broth. Discard any clams that do not open. Set aside.

In large pot of boiling salted water, cook linguine according to package directions until tender but firm; drain.

Meanwhile, in skillet, heat oil over medium-low heat; cook garlic, parsley, salt and hot pepper flakes, stirring occasionally, until garlic is softened but not browned, about 2 minutes.

Add reserved clam broth; bring to boil. Add



For more great recipes, visit metronews.ca.

linguine; boil on high, stirring often, until about 3 tbsp (45 mL) liquid remains, about 2 minutes.

Add clams; toss until heated through. Stir in butter.

Canadian Living magazine is on sale now!



Perhaps in tune with many people's New Year's resolutions, the book *Eat, Shrink & Be Merry! Great-Tasting Food That Won't Go from Your Lips to Your Hips!* by Janet Podleski was the top selling cookbook on Amazon.ca by the end of last week. **METRO NEWS SERVICES**

●●●●● INSPIRED; ●●●●● VERY GOOD; ●●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Feeling patriotic? Eat Canadian

LunchRush



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815 7th Ave SW
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ohcanadarestaurant.com

Hours of operation: Mon – Wed (11 a.m. - 7 p.m.), Thu – Fri (11 a.m. - 8 p.m.)

Rating: ●●●●●

Price range: \$\$\$

Reservations: Available

Client negotiations: Yes

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: Yes

Time in: 12:34 p.m.

Ordered: 12:42 p.m.

Food arrived: 12:47 p.m.

Time out: 1:15 p.m.

Total time: 41 minutes

Low \$: Tossed/Caesar Salad, \$10

High \$: The Wrangler (steak), \$25

Lunch menu: No

Licensed: Yes

I concluded eating Canadian is more than a just meal, it is an experience ... Friendly service, relaxed atmosphere, good food and good times.

Inspired by team Canada winning the gold medal at the World Junior Hockey Tournament, I was feeling a little patriotic so where better to take the Lunch Rush than to Oh! Canada Restaurant & Bar?

It is hard to pinpoint what Canadian cuisine is, so I was intrigued by what they had to offer. Upon entering the doors my first thought was relief. While a lesser establishment might have opted to take the Canadian theme to a cheesy level, Oh! Canada does not. The decor is classy and conventional. The menu does name its items with a Canadian theme but it's done in a fun and witty way.

Speaking of the menu, it



In the end I opted for Mom's Meatloaf (\$17). Wrapped with a slice of bacon, it was substantial in size and tasted home cooked.

might have been average in size but it successfully made up for it in variety with a little bit of something to cover all cravings.

My runner up choices from the "Canadian Hero Sandwich" section of the menu included the appropriately named Gretzky

smoked meat sandwich and the Tragically Hip beef sandwich. But in the end I opted for Mom's Meatloaf (\$17). It wasn't quite like my mom used to make (it was wrapped with a slice of bacon) but it was substantial in size still did taste home-cooked. One

thing to note was the food arrived faster than a flame-broiled Whopper at Burger King.

So what is Canadian cuisine? Besides the obvious food aspect, like poutine and Alberta beef, I concluded eating Canadian is more than a just meal, it is

an experience. It is friendly service, a relaxed atmosphere, good food and good times ... much like living in Canada, really.

Oh! Canada is a wise choice for whatever lunch situation you might be looking for without the clichés and corniness.

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Black-and-white haute couture

Pandas turned from China's national icon into a fashion statement as New York designer Vivienne Tam showcased black-and-white outfits at a Beijing show to raise funds for the endangered animal's quake-stricken habitat. **REUTERS**

13

Style



Makeup good enough for a Dame

Renowned for her lilac hair and rhinestone-encrusted eye glasses, Dame Edna can now add MAC Cosmetics muse to her long list of accomplishments. With packaging as mirthful as the stage icon herself (each item includes a design of her whimsical eye wear), the colours are meant to portray Edna's over-the-top personality as well. The collection includes lipsticks, lip glosses, eye shadows, hi-light powder and nail lacquers, ranging from \$11 to \$39. Available at MAC counters across the country and at maccosmetics.com.

METRO NEWS SERVICE

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Canuck designs on Obama gown

Four of the country's top fashion gurus sketch looks for the next first lady

In less than a week's time, the question that has pre-occupied style watchers for months will finally be answered. In the meantime, how about one final game of **What-Will-Michelle-Obama-Wear-To-The-Inaugural-Ball?**

Though her ultimate pick will almost certainly be an American, some of Canada's top fashion designers agreed to play along in case the future first lady feels a sudden urge to do a little cross-border shopping.

Wayne Clark, David Dixon, Andy Thé-Anh and Joeffer Caoc have each sketched an original gown for Mrs. O to wear on Jan. 20 when she and the new president will play host to seven balls in Washington, D.C., and attend three others on the night he's sworn in.

The first lady's gown is typically long and ornate. "There are periods when this dress is just covered in decoration — fringe and sequins and fur and beads

United States Presidential Inauguration

and lace," says Lisa Kathleen Graddy, curator of the First Ladies Exhibition at the Smithsonian Institution, where 14 inaugural dresses are on display.

Speculators predict Obama will spurn doodads in favour of a refined approach à la Jackie Kennedy in her simple, white Oleg Cassini dress. It had beading on the bodice but it was subtle beneath a chiffon overlay.

Mary Tomer, a 27-year-old account planner with British advertising agency Bartle Bogle Hegarty, has been tracking the future first lady's style since the Democratic National Convention last summer. With backing from her employer, the Manhattan-based blogger launched a website, Mrs-O.org, that follows the whos and whats of Obama's wardrobe.

For the inaugural ball,



WAYNE CLARK/FOR TORSTAR NEWS SERVICE

Wayne Clark

• Clark channelled Halston for his interpretation of the inaugural gown. "She's a very clean silhouette kind of person. I don't see her in strapless but I thought one shoulder would be great for her."

• The dress is finished in a four-ply, satin-back crepe cut on the bias. The ostrich feathers are part of a removable kimono jacket. "She can't wear fur, or PETA will be all over her."

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Tomer picks the New Jersey-born designer Narciso Rodriguez, whom Obama



DAVID DIXON/FOR TORSTAR NEWS SERVICE

David Dixon

• Dixon was inspired by Jacqueline Kennedy and Carla Bruni-Sarkozy, the first lady of France. "Oleg Cassini kept it very streamlined and simple for Jackie O. It was always very put-together."

• The outer coat is a heavy silk taffeta in a matte finish — not too shiny. He notes the colour is flattering. "Bruni has worn a lot of that regal purple and so has Michelle Obama."

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wore on election night — to mixed reviews.

TORSTAR NEWS SERVICE

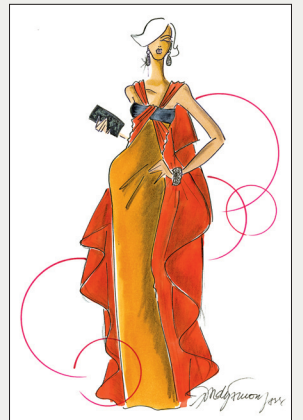
Andy Thé-Anh

• "Usually we always think she should wear red or purple. I wanted to try something different."

• The body of the dress is finished in an amber stretch satin charmeuse. The black bandeau top is in a satin taffeta. Flowing silk chiffon in a fiesta colour completes the draping.

• "I see her wearing something very contemporary, very modern but classy."

TORSTAR NEWS SERVICE



ANDY THÉ-ANH/FOR TORSTAR NEWS SERVICE

Joeffer Caoc

• Caoc tries for an effect that will catch people off guard. "I think unexpected is a good word. As much as I wanted her husband to win, I didn't think he would."

• The overall look: "Really clean. No accessories. A reflection, pretty much, on what I do." The boyfriend jacket is satin: the fuchsia dress is draped jersey. The colour combination is "really current and modern."

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JOEFFER CAOC/FOR TORSTAR NEWS SERVICE

Let your garments help you fake it

Style File



kim.elbo@gmail.com

ask kim

I am looking for a product that will keep my closet fresh and free of smell.

Home Outfitters carries a product called Febreze Closet Renewables, they're shelves that keep your clothes organized and free of that old musty smell. NaturzAire also carries an odour absorbing product perfect for your closet.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



\$38

Tight Top
Designer: Smart Set
Shop: Smart Set
Address: Various Locations
smartset.ca



\$72

Slim Skirt
Designer: Skyler
Shop: Skyler
Address: Various Locations
skyler.ca



My favourite

Booty Jean
Designer: Mavi
Shop: Mavi
Address: Various Locations
mavi.com



\$16

Top Shape
Designer: Joe Fresh
Shop: Superstore
Address: Various Locations
joe.ca



\$20

Hot Pants
Designer: Twin Syndrome
Shop: Twigg & Hottie
twinsyndrome.com



\$35

Taut Tights
Designer: La Vie en Rose
Shop: La Vie en Rose
Address: Various Locations
lavieenrose.com

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14

Actor Ricardo Montalban, best known as the mysterious Mr. Roarke on the popular television series Fantasy Island, died yesterday at the age of 88, a Los Angeles city official said. REUTERS

Ricardo Montalban dies

Entertainment



Her big gig
Jennifer Hudson will sing the National Anthem at the Super Bowl in what will be her first performance since her family murder tragedy last October.
PEOPLE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

MusicReviews
music@metronews.ca

A.C. Newman
Album: Get Guilty
Label: Last Gang Records
Rating: 

IN THE WORLD OF Canadian indie darlings, A.C. Newman maybe the darlinest. The hipsters are already atwitter about this second solo release from the creative light behind the New Pornographers. But let's keep our feet on the ground. This is not an earth-shaking epic that is going to change the face of alt-rock. It is a charming, intelligent album with roots squarely in the '60s English psychedelic scene, offering up nods to acid-era Donovan Leitch, and early David Bowie.

Graham Rockingham/for Metro Canada



Evolution of the jam band

Gym Class Heroes blend diverse sounds

ROB MCMAHON
for Metro Canada



Imagine an album that stitches together musical genres, multi-generational guest-stars and pop-punk style, and you have **The Quilt**.

On that album, Gym Class Heroes (GCH) play out like a poppier Roots: a jam-band fronted by a rapper but that aims at the Fall Out Boy demographic. Hip-hop purists hear the band's guitars and drums, while the pop-punks focus on their raps. But no matter the milieu, the band doesn't tailor their performance to the crowd.

"We don't play differently, but are perceived differently," said drummer Matt

McGinley. "At the end of the day, whether it's rock, hip hop, R&B, soul or funk, all the influences we find within ourselves come out when we play."

As with any group that wears influences squarely on both sleeves, GCH must tackle the ensuring debate: Is their music original or derivative? McGinley, when asked if he thinks artists are comfortable wearing their influences proudly, said that's true to a certain extent.

"It's all about being inspired and influenced by somebody — (and) to be using (these influences) in new and creative ways, rather than being obvious," he said.

When the band started out 10 years ago, McGinley

In concert

- The Gym Class Heroes play the Pengrowth Saddledome on Jan. 22 with Lil' Wayne and T-Pain.

was drawn to jazz and funk percussion, while founding member Travis McCoy delivered his verses through raps. McGinley learned to play drums to 'questlove's work on Things Fall Apart, and the duo looked to that group's innovative approach to rap music and ability to jam out their songs.

"We didn't set out to be a hip-hop band — we were just kids who wanted to make noise in our parent's living rooms. Over the years we moved towards



MAKNEER MUSIC PHOTO

Gym Class Heroes blend hip hop, rock, R&B, soul and funk on their latest album, **The Quilt**.

that kind of sound," said McGinley. "It's cool to be able to showcase your musical chops and abilities as a band ... but it's all about what can enhance the song."

For example, in the seven-minute long Live Forever, Darryl Hall laid down a really long, freeform outro. That particular collaboration — which runs alongside others from artists like Busta Rhymes and Estelle — really stood out for the drummer. Used to playing drums to McCoy's vocals, he said it was pretty wild to lay down percussion to Hall. "(Darryl was) assuming we would fade it out at reasonable length of time, but we thought it sounded cool, so why not let him kill it."

critics'corner

The Gong Show With Dave Attell

The classics never die, but some of them should. It was a great day when CBS resurrected the classy "Password." The return of this tacky amateur show? Not so much. In the 1970s, it was a way for those who thought they had talent — or knew they didn't but just wanted to be on TV — to get their 15 seconds of fame. With the reality-TV explosion, however, there are gazillions of ways to score that face time, rendering this show a cheesy and occasional sleazy anachronism. 11:30 PM on COM



Ugly Betty

A family crisis has Betty (America Ferrara) all tied up in knots, at odds with her sister (Ana Ortiz) and unable to focus on her job. Daniel and Molly (Eric Mabius, Sarah Lafleur) struggle to keep their relationship under wraps, while Wilhelmina and Connor (Vanessa Williams, Grant Bowler) try to do likewise. Ashley Jensen and Michael Urie also star in the new episode "Sisters on the Verge of a Nervous Breakdown." 9 PM on CKAL KXLY

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/15/09	267	351	- ACCESS	Truth, Duty, Valour	Medium		Eleventh Hour "H2O" (N)		Private Practice (N)		Help TV
	243	317	3 CFCN	etalk	Hollywood	ER "Dream Runner" (N)	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)	Grey's Anatomy (N)		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things (N)	Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	The Unit "Sex Trade"	Bones (HDTV PA) (N)		The Office (N)	Billable Hours	News Hour
	246	-	8 CKAL	Law & Order: SVU		Murdoch Mysteries	Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (N) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Eleventh Hour
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer	NW Profiles	Sanibel-Siberia	Poirot		New Tricks		Soundstage (N)
	502	390	15 CBC	CBC News: The National	The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	College Basketball Santa Clara at Gonzaga. (Live)			Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	(11:01) ER
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)	Kitchen Nightmares (N)		News (N)
	297	652	37 WPIX	Supernatural (HDTV) (N)		PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight	Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	NHL Hockey		SportsCentre (HDTV) (Live)		Off the Record	Boxing: Adamek vs. Cunningham		
	408	418	27 net	NHL Hockey: Oilers at Wild			NHL Hockey Calgary Flames at San Jose Sharks. (Live)				Sportsnet Con.
	410	403	30 SCORE	NBA Basketball: Cavaliers at Bulls			NBA Basketball Phoenix Suns at Denver Nuggets. (Live)				Final Score
news	411	457	44 OLN	Mantracker		Bounty Hunter	Dakar Rally	Survivorman	Mantracker		Bounty Hunter
	417	406	48 SPEED	(5) Barrett-Jackson Automobile Auction Thursday action from Scottsdale, Ariz.					Barrett-Jackson Automobile Auction (HDTV)		
	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	Sixteen	Misadventures	Futurama
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	The House Next Door (2006, Suspense)	Lara Flynn Boyle.		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	Style by Jury	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
sports	521	560	24 TLC	Saw for Hire	Saw for Hire	LA Ink "66 Nikkis" (N)		Saw for Hire	Saw for Hire	LA Ink "66 Nikkis"	Overhaul'n
	603	561	25 FOOD	Unwrapped	Secret Life of	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge	Unwrapped
	615	520	26 A&E	The First 48 (HDTV) (N)		The Beast "Pilot" (N)		(8:52) The Beast		The First 48 (HDTV)	The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		About a Girl	Love-Death	Trailer Park	American Pie 2
	601	562	33 SLICE	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser	Trading Sp
	-	633	34 ENC2	The Bone Collector ★★ (1999, Suspense)	Denzel Washington.		Natural Born Killers ★★★ (1994, Crime Drama)				The Hand ★★
	520	505	35 DISC	Secrets of the Crystal Cave	MythBusters		Daily Planet		Deadliest Catch		Tutankhamun
	620	523	36BRAVO	Touch of Pink (2004, Romance-Comedy)		Bravonews	Law & Order		Without a Trace "4.0"		Frogs-Snakes
	294	650	40 WPCH	Shadow Conspiracy ★ (1997, Suspense)	Charlie Sheen.		Family Guy	Family Guy	Seinfeld	Shadow Conspiracy ★	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
family	-	539	42 TCM	Naked City	(7:45) He Walked by Night ★★★ (1948)		(9:15) Killer's Kiss ★★ (1955, Suspense)				Double Indemnity (1944)
	628	584	43 SPIKE	TNA IMPACT! (HDTV) (N)			CSI: Crime Scene Invstgtn.		UFC Primetime	UFC Primetime	UFC: Access
	522	516	45 HIST	Deep Wreck Mysteries		NCIS "Witch Hunt"		Lost Worlds		Deep Wreck Mysteries	NCIS
	627	528	46SPACE	Rabbit Fall	Rabbit Fall	Ghost Hunters International	Stargate SG-1		Star Trek: Next Gener.		Deep Space 9
	-	-	47 AMC	(6) Blazing Saddles (1974)		(8:15) Quigley Down Under ★★ (1990, Western)	Tom Selleck.			(10:45) Total! Total! Total!	
	619	525	49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Family Guy
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes	The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	News
	504	508	70 BNN	Squeeze Play		Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Wild Dreams
cable variety	269	350	93 APTN	Suaangan	Wapos Bay	By the Rapids	renegadeexpress	North ★★ (1994, Comedy-Drama)	Elijah Wood, Bruce Willis.		Rez Rides
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar
	571	581	100 MMM	Listed (Part 1 of 2)		Tommy Lee	Where You At	Celebrity Wrestling	Party of Five		Countdown
	570	580	101 MM	Brooke Knows		Gossip Girl (HDTV)		Video on Trial	Brooke Knows		MuchTopTens
	581	566	102 MTV	The Real World		True Life		MTV Live	After	Next	Mom & Dad
											True Life

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Kenya Hunt

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Baldwin the broadcaster

Alec Baldwin has landed a job as a radio host. He has been offered the role as host for the New York Philharmonic's national radio broadcasts. FEMALEFIRST.CO.UK



Celebrity Buzz

Kanye's unlikely style inspiration

FASHION Kanye West has revealed the inspiration behind his fashion: Gay men, femalefirst.co.uk reports.

The website says an old video clip of Kanye has been unearthed and in it the rapper reveals that he often checks out what gay men are wearing.

"Gays really know how to dress," he states. They are not his only inspiration though. He also reveals: "I feel like Japanese dress really good too."



Heche has the baby boy blues

BABY Anne Heche has offered some blue clues of the gender of her baby, people.com reports.

At the Boom Boom Room Children's Gifting Wonderland in Los Angeles, the actress chose a pair of Robeez Guitar leather booties in pastel blue, a dozen blue Happy Heins reusable diapers and a blue MiGi baby blanket, the website says.



Kate's body gets rave Hollywood reviews

PEOPLE Oprah Winfrey is proud of Kate Winslet's real golden globes, us-magazine.com reports.

"I love the fact that you have real breasts, 'cause in all the breast scenes, your breasts do what real breasts do," she said Tuesday on The Oprah Winfrey Show.

"There's that wonderful thing, you know, if you are a woman, you're lying on your back, your breasts they go to — they part — but if you look at a woman with not real breasts, their breasts are sticking straight up," she told the

actress, who won two Golden Globes Sunday.

"That's how you know. God bless your real breasts!"

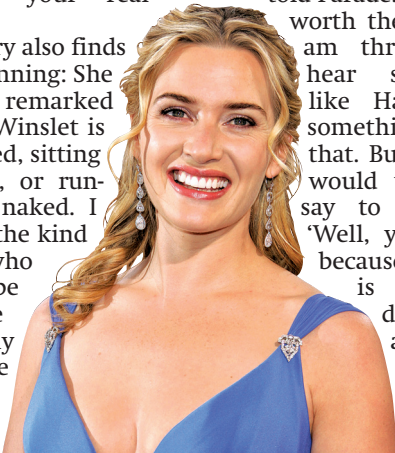
Halle Berry also finds Winslet stunning: She recently remarked that "Kate Winslet is always naked, sitting on a toilet, or running buck naked. I want to be the kind of actress who can really be comfortable with my body like that."

"That's so

amazing," Winslet — who bares it all in her new drama The Reader — recently

told Parade. "That is worth the pain! I am thrilled to hear someone like Halle say something like that. But what I would want to say to her is, 'Well, you can,' because all I do is say, 'I don't give a —!'"

the pop star says on her website. Spears, 27,



Media twisted my words: Nicole

MEDIA Nicole Kidman claims the media has twisted her words, femalefirst.co.uk says. After reports that she is unhappy with her performance in new movie Australia, she insists that her comments have been hugely misinterpreted, the website adds.

The star said in an interview with Sydney ra-

dio station 2DayFM, that she "can't look at this movie and be proud of what I've done." She added that she couldn't "connect to it emotionally."

However, the actress is adamant that she was in fact referring to her whole body of work and not just this production. She claims that she can never bear to watch herself on screen.

A representative for the actress told Australian newspaper The Sydney Morning Herald:

"It is quite ridiculous for anyone to believe that reports if they listened to the actual interview. It's hard to believe some of the world's media have fallen for it."

The article printed in Australian newspapers stated: "Miss Kidman, who attended the premiere with country singer husband Keith Urban, said: 'I can't look at this movie and be proud of what I've done. I sat there and I looked at Keith and went, 'Am I any good in this movie?'" **METRO NEWS SERVICES**



No love for U.S. theatre audiences: Daniel

CAREER Daniel Radcliffe blasted U.S. theatregoers, femalefirst.co.uk reports.

The actor — who is currently appearing in the Broadway play Equus — says American audiences are noisy and rude and have no respect for the arts.

The star said: "I would

like to initiate an initiative, the Broadway Annoying Audience Member Relocation Programme, so we can lose the people whose phones ring more than three times, that have the kind of throat condition which causes them to cough like they have consumption, those who take

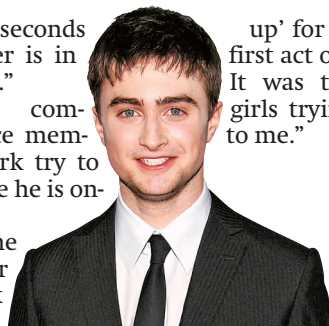
more than 10 seconds to find whatever is in their plastic bag."

Daniel also complained audience members in New York try to talk to him while he is on-stage.

He said: "One night, I hear 'Dan, Dan, look

up' for the entire first act of the play. It was these four girls trying to talk to me."

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Britney moving on up

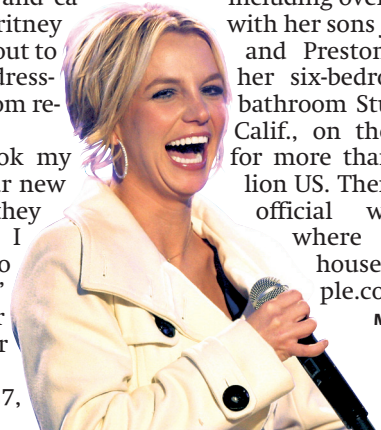
PEOPLE With a new outlook for her life and career, Britney Spears is about to change addresses, people.com reports.

"I just took my babies to our new home and they loved it! I can't wait to move in," the pop star says on her website.

Spears, 27,

who has visitation rights — including overnights — with her sons Jayden, 2, and Preston, 3, put her six-bedroom, six-bathroom Studio City, Calif., on the market for more than \$7 million US. There was no official word on where the new house is, people.com adds.

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Rihanna sends out spy

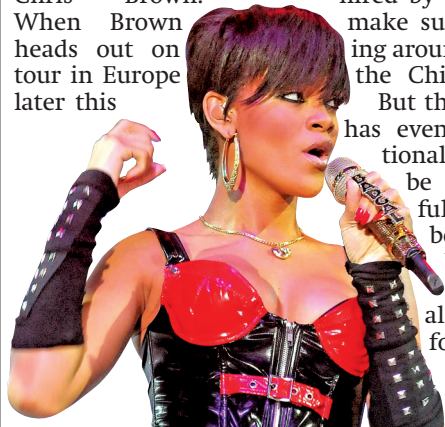
RELATIONSHIP Rihanna is apparently more than a little suspicious of boyfriend Chris Brown.

When Brown heads out on tour in Europe later this

month, he'll reportedly be visited periodically by a female private investigator hired by Rihanna "just to make sure he's not fooling around," a source told the Chicago Sun-Times.

But that's not all. "She has even hired an additional 'mole' who will be part of the tour full time ... a member of Chris' team, but someone he doesn't realize is also spying on him for Rihanna."

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Wedding bells for Depp?

MARRIAGE Wedding bells may finally be ringing for Johnny Depp. The reclusive actor is said to be planning to marry his longtime girlfriend, Vanessa Paradis, in a private ceremony on the grounds of their \$1.25 million US French estate, according to the National Enquirer.

"They're planning to marry in April," a source told the tabloid. "They want a really small wedding with only 50 family and close friends."

Depp and Paradis have been together for 10 years and have two children together, nine-year-old Lily Rose and six-year-old Jack.

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Take Five

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WEEKDAYS AT 6 AM

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20	21			
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37			38					39				
		40					41			42	43	44
45	46				47	48			49			
50					51				52			
53					54				55			

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	2					6	3	
				8		4			
5	3				2			9	1
			6	1		5	4		
1									5
			8	3		2	9		
6	8				5			4	2
				2		7			
	2	9					7	5	

Crossword across

1 Give the axe to

5 Prompt

8 Surrounded by

12 Jamaican citrus

13 Venomous viper

14 Arp's style

15 Handle roughly

16 Long March leader

17 Exile

18 Threatening term

20 Siestas

22 Yogi Bear's home park

26 Winter warmer

29 Type squares

30 Bagel topper

31 Partner in crime

32 More, to Manuel

33 Father (Fr.)

34 Ms. Farrow

35 Insult (Sl.)

36 Metric measure

37 Comedian

Paula

40 Morse morsels

41 Bandleader

Cugat

45 Eastern bigwig

47 Bill

49 Part of A.D.

50 LummoX

51 Swelled head

52 — Rhythm

53 Go angling

54 Dog's dog

55 Whip

Crossword down

1 Wrestling style

2 Culture medium

3 Hint

4 Party pooper

5 Ship of the desert

6 N.A. nation

7 People things are named for

8 Take as one's own

9 They're roomy and gloomy

10 Picks out of a lineup

11 Gram. case

19 Wet expanse

21 Foolish sort

23 Minimum

24 Standard

25 Former partners

26 Overly theatrical

27 Hodgepodge

28 Robert Graves subject

32 Faux pas

33 Triumph

35 Banned bug spray

36 CSI evidence

38 Bridge player

39 U-shaped yoke holder

42 Young

Frankenstein role

43 Grandson of Eve

44 Portnoy's Complaint author

45 Sprite

46 Miss Piggy's pronoun

48 Palindromic title

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

AIR

LIMA

AESOP

TALKING

EKE

ALLY

PEPYS

WILT

ANI

DUCK

PIRATE

TIGER

SEE

VEG

DINED

ORDAIN

TURKEY

DIGUP

DAM

MIRA

FORKS

NOUS

CAP

GOOSE

RARER

ETNA

WHY

4	1	6	9	5	7	8	3	2
8	3	5	2	4	1	6	9	7
9	2	7	8	6	3	4	1	5
3	4	2	1	8	5	7	6	9
5	9	1	7	2	6	3	8	4
6	7	8	3	9	4	2	5	1
2	6	4	5	3	9	1	7	8
7	8	9	6	1	2	5	4	3
1	5	3	4	7	8	9	2	6

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SUDOKU SOLVE TIME:
Under 13 minGenius
13-17 min.....Scholar
17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising

Metro Recipe of the Day



Lamb Chops Provençale

INGREDIENTS:
4–6 medium floury potatoes
Salt and black pepper
2 tbsp (25 ml) olive oil
2 medium onions
2 cloves garlic
8 lamb chops, about 3 1/2 oz (100g) each
4 sprigs fresh rosemary
1/2 lb (250 g) Italian or cherry tomatoes
3/4 cup (175 ml) lamb or chicken stock
1 can (19 oz/540 ml) cannellini beans
Celery salt
4 tbsp (60 ml) milk

METHOD:
1. Bring large saucepan of water to boil. Peel and dice potatoes and add to boiling water with some salt. Reduce heat, cover pan and cook gently 15–20 minutes, or until tender.
2. Meanwhile, heat oil in large frying pan or flame-proof casserole. Halve, peel and slice onions and add to the pan. Peel garlic and crush in. Fry over fairly high heat until onion has softened and is well browned, then transfer to plate and set aside.
3. Add chops to pan and fry over moderately high heat for 2–3 minutes per side, or until lightly browned.
4. While chops are cooking, rinse rosemary and strip leaves from stems. Rinse and roughly chop tomatoes.
5. Return half of onions and garlic that you set aside to lamb in pan. Add chopped tomatoes, stock and rosemary, then increase heat to high.
6. Drain cannellini beans and add to pan with celery salt and black pepper to taste. Bring to boil then simmer, uncovered, for 8–10 minutes.
7. Meanwhile, drain potatoes, mash with milk, then stir in remaining fried onion and garlic. Add a few extra chopped rosemary leaves to potatoes if you like. Season to taste and serve with lamb.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!




Horoscopes

AVATAR VENUS

ARIES


MARCH 21-APRIL 20



Cheer up an unreliable friend whose feelings are hurt. A naive person is attractive; but you can resist. Nature has a strange impact.

LIBRA


SEPT 23-OCT 23



Find a public meeting and take action. Be cautious but not fearful. Nostalgia is growing for the good old summertime.

TAURUS


APRIL 21-MAY 21



Don't believe a coward's promises. An insightful and shocking opinion will affect a project. A man will render a compromise ineffective.

SCORPIO


OCT 24-NOV 22



Functional devices are handy in a sticky situation. Don't get too excited by a brilliant idea. You've been handling too much on your own.

GEMINI


MAY 22-JUNE 21



A hard-working woman is disgruntled. An eager man will take a step forward. Don't complain too hard about a pointless delay.

SAGITTARIUS


NOV 23-DEC 21



Don't take any unnecessary risks when travelling. Avoid confiding in a difficult person. You'll be glad to know that a rascal is around.

CANCER


JUNE 22-JULY 22



A relative tells the truth about the family. A pleasant enemy takes flight. Listen politely to a man's wild ideas.

CAPRICORN


DEC 22-JAN 20



People will suspect that you're daydreaming. Request help with an unfamiliar issue. A stroke of luck will expose someone.

LEO


JULY 23-AUG 23



Say goodbye to a guy with a hidden agenda. A nasty job is the path to bliss. Daydreams are an absolutely delightful time-waster.

AQUARIUS


JAN 21-FEB 18



Depend on an elder to make the right moves. Refuse to be pinned down if a debate turns sour. Attention is focused on your appearance.

VIRGO


AUG 24-SEPT 22



A control freak wants to scavenge stuff. Someone will have to keep a promise and like it. The countdown begins for getting yourself on track.

PISCES

FEB 19-MARCH 20



Romantic moments are postponed. Don't overplay your hand with a pompous expert. Call somebody to brighten their day.

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This day in history

JAN. 15, 1559: Elizabeth I crowned queen of England in Westminster Abbey, London.
JAN. 15, 1870: A political cartoon for the first time symbolizes the United States Democratic Party with a donkey in Harper's Weekly
JAN. 15, 1892: James Naismith publishes the rules for basketball.
JAN. 15, 1889: The Coca-Cola Company, then known as the Pemberton Medicine Company, is originally incorporated in Atlanta, Ga.
JAN. 15, 1967: The first Super Bowl is played in Los Angeles, Calif.
JAN. 15, 2001: Wikipedia, a free Wiki content encyclopedia, goes online.

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